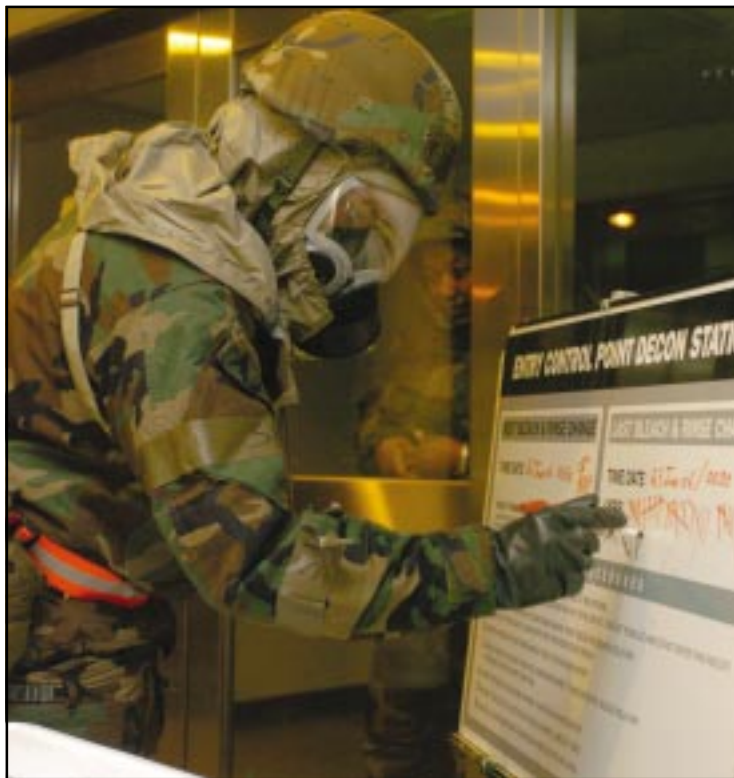




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Wing readiness key to mission success



photos by Tech. Sgt. Corey Clements



Above, Senior Airman Curtis Hunt annotates the entry control point decontamination center after conducting a sweep of Bldg. 315 during the exercise. Left, Airmen prepare to deploy by going through a deployment processing line in one of Yokota's hangars.

Airmen hit inspection home-stretch, can expect readiness week this month

By Capt. Warren Comer
374th Airlift Wing Public Affairs

The 374th Airlift Wing conducted an Operational Readiness Exercise Jan. 22 to 27 for the first time this year to test Airmen's ability to deploy forces and survive during a simulated wartime contingency.

While these exercises are to prepare Airmen for real-world events, this was also the last ORE before an Operational Readiness Inspection scheduled for March 12 to 21.

"All of the significant events for the exercise were completed without major problems," said Col. Tom Davidson, 374th AW Inspector General. As you would expect of operations during a contingency or combat scenario, we found areas we can improve, but nothing was a showstopper. All of the training we've done is really paying big dividends."

During OREs, wing members

are recalled and then expected to deploy and receive Airmen during Phase I, or the deployment phase of the exercise.

The wing is then transitioned into Phase II where Airmen are expected to survive and operate, usually during simulated attacks with weapons of mass destruction.

According to wing senior leadership, Samurai Country is making progress during each exercise and Airmen have demonstrated that they can take on a tough mission when they need to.

"With each exercise, we continue to hone our combat readiness skills," said Col. Scott Goodwin, 374th AW commander.

"Since taking command of the wing last June, I've seen vast improvements in our deployment and reception processes, as well as our ability to defend the base. We will be ready to show off our stuff when the Pacific Air Forces' Inspector General team comes to Samurai Country in March. There

is no doubt that the 374th (Airlift Wing) is fully prepared to execute our mission of providing world-class, airlift support throughout the Pacific."

While wing officials say that this is the last ORE before the ORI, Airmen should understand that select duties will be tested further to ensure they are ready to be inspected by the Pacific Air Forces' Inspector General team.

"We accomplished hundreds of tasks during the exercise," said Colonel Davidson. "Some of the larger parts were deployment, processing of non-combatants, a terrorist attack simultaneous with an aircraft hijacking scenario, mass casualties, mortar and sniper attacks, and testing our ability to recover from attacks."

"In addition, post attack fires, damage assessments, building repairs, runway repairs and responding to various injuries to personnel were all part of this week's exercise," he added.

AAFES deputy commanding general pays visit to base

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

During a Jan. 30 visit to the base, Brig. Gen. James Lewis Kennon, the Army and Air Force Exchange Service's deputy commanding general, talked about a variety of programs available to patrons.

The general also toured facilities including the Yokota Community Center and new BXtra, talking with store employees about new AAFES programs and common questions asked by customers.

"Many people don't realize AAFES is a \$1.9 billion operation in sales," said General Kennon. "We are a military command and also one of the 20 largest retailers in the country with 3,500 locations throughout the world. Everything we earn, minus small capital improvements program costs used to upgrade facilities, is given back to the services morale, welfare and recreation programs."

General Kennon said all AAFES Pacific

facilities with a Robin Hood or Anthony's will gain Subway or Pizza Hut eateries. "These two eateries provide a sense of familiarity and comfort from the stateside area and we are here to provide that sense of home and comfort food."

The general also discussed the new "Take It Home Today" layaway program.

"This program lets us do something to help the customer and our organization too," said General Kennon. "This large-size layaway program is a novel way to maximize sales and reduce floor-space items. With credit approval, patrons provide pay-off in 12 months with a low interest rate and get to take the item home that same day."

When shoppers find lower prices on an item AAFES has in stock, they can use the "We'll Match It" program to take advantage of the better price.

"While we hope that every item we stock is already at the best advertised price, we sometimes find that another retailer may have

the same item for less," said the general. "We encourage our customers to tell us the location of the store so we can verify the price and match it. If it's less than \$10 difference the cashier can make the adjustment at the register. The only thing we can't price match is online retailers because they don't operate with the same overhead and market value as physical stores."

Continuing to the topic of Internet sales, General Kennon said online sales have been increasing over the past year. "In 22 days, more than \$1 million sales a day were generated. The future of AAFES is there [on-line] and through additional vendors in the Centric Mall, AAFES customers can purchase items with no sales tax and sometimes additional discounts off of the listed price."

The general talked about AAFES locations in deployed areas and the supplies available in these locations.

"We have locations throughout the Middle East, emphasizing our commitment to 'we go

where you go,'" said General Kennon. "Sales there are incredible with the top three categories of items purchased being DVDs, CDs and life support items such as phone cards. Servicemembers can even see what items are stocked at their deployed location before departing by going to the AAFES webpage and clicking on the AAFES associates serving downrange link."

He also spoke about gasoline pricing.

"The AAFES board of directors unified pricing across all the commands in the U.S., Europe and Pacific regions," said the general. "Because Japan subsidizes the cost of gas here, AAFES used to offer coupons for \$2 off eight gallons of gas. Because customers weren't always buying eight gallons at a time, the savings have been spread across the cost of gas so customers stationed in Japan can share in the savings. Right now, Yokota members are paying less for a gallon of gas than people are paying in Texas and we're proud to offer those savings."

ORI countdown: 37 days

Security forces transformation: more than meets the eye

By Senior Airman J.G. Buzanowski
Air Force Print News

WASHINGTON (AFPN) – As the Air Force continues to adapt for the future, changes to the security forces career field will affect the total force.

Brig. Gen. Robert Holmes, director of security forces and force protection, calls these transformations a “refocus” on how his people train and fight.

“We’re not in the Cold War anymore; we have to alter our mentality and our practices for today’s reality,” the general said. “Because of the nature of the threat, our Airmen are fighting the global war on terror on the front lines, and we owe it to them to provide training, equipment and resources to be effective.”

Essentially security forces Airmen will focus on preparing for their warfighting mission at forward locations, as well as security

at a fixed installation, General Holmes said.

As an example, he cited an Air Force Task Force that operated around Balad Air Base, Iraq, for two months last year. The unit patrolled the local towns and found weapons caches as well as individuals who posed a threat to the base.

“Our Airmen are going ‘outside the wire’ to conduct missions and are proving successful in keeping people safe,” Gen. Holmes said. “Not only for the folks stationed at the base, but people who live and work in the local area as well. This is very important in the present war on terror.”

Security forces Airmen must learn counter-insurgency techniques to operate more effectively in joint operations, said Maj. Gen. Norman Seip, assistant deputy chief of staff for air and space operations.

“We need to be prepared for a full-spectrum of threats against an air field,” General

Seip said. “That means taking more responsibility for defense of our mission, so our sister services can concentrate on their own tasks. We need to understand how they operate, so we’re working closely with the Army to identify additional ways to train our Airmen.”

While security forces will focus more on their warfighting competencies, Air Force leaders are reviewing several options for installation protection duties, like entry control, at home stations. Plans call for more Department of Defense civilians, greater affiliation with Guard and Reserve and better use of technologies, General Holmes said.

The changes to the security forces career field will present the opportunity for other Airman to participate in installation security. While that doesn’t necessarily mean everyone will have a rotation checking identification cards at a gate, it does mean more comprehensive training, awareness and capability



photo by Capt. Michael Johnson

Airmen deployed to Camp Bucca, Iraq, check the accuracy of a .50-caliber machine gun during a live fire test.

ity to respond and participate, he said.

While definitive plans have not been finalized, General Holmes also said one of the transformation goals is bringing security forces Airmen back in step with standard Air Force 120-day deployments.

Pacific Air Forces reorganizes its command support structure

By Maj. Bradley Jessmer
Pacific Air Forces Public Affairs

Time and necessity bring change, and change is in the air for Headquarters Pacific Air Forces, which will convert to a new command structure re-designating all headquarters offices by April 1.

The current designations of two, three and four letters will be replaced by a system consisting of the letter “A” followed by numbers given to each directorate. This system, ranging from A1 to A9 will bring standardization throughout all Air Force commands.

“As you can imagine, many are

involved in this process,” said Maj. Eric Stubbs, Pacific Air Forces War-time and Organizations Branch Chief. “My role has been to facilitate the development of PACAF’s proposed Organization Structure Codes which we submitted to Air Staff in December and continue to refine.”

According to a memo dated Nov. 10, 2005, from the Air Force Chief of Staff Gen. T. Michael Moseley, the plan is for all commands to initiate the A-Staff structure effective Feb. 1, with full implementation by May 1.

The memo further states that although there may be some vari-

ances between the commands and their unique missions, the intent is to standardize the A-Staff wherever possible and align all headquarters’ staffs “horizontally and vertically.” This change will affect all commands, warfighting headquarters, and Air Staff as well.

“The Air Staff has been working to develop a consensus among the major commands and functionals in order to determine the final standard Organization Structure Codes which will be used by all major commands,” Major Stubbs said. “These changes will improve our ability to develop doctrine and instructions, and stream-

line our ability to perform the mission.”

Not only will this change help communication between the field and headquarters, but according to Janet Watkins, PACAF Manpower and Organization division chief, it will help with joint operations.

“The new structure will give us a better interoperability with other major commands as well as our joint services who are already using this type of system,” Ms. Watkins said. She added that even though this will bring a change to our structure, it will not affect manpower numbers at the headquarters.

The new designations for the

PACAF staff will be:

A1 – Manpower and Personnel (DP/XPM)

A2 – Intelligence (IN)

A3A5 – Air, Space and Information, and Plans and Requirements (DO)

A4 – Logistics (LG)

A6 – Communications (SC)

A7 – Installation and Mission Support (CE, SV, SF, LGC)

A8A9 – Strategic Plans and Programs and Analyses, Assessments and Lessons Learned (XP)

Staff functions still reporting to the command section remain as: PA, HC, HO, FM, JA, SG, IG, RE, RG, and POLAD.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

DOD plans to boost access to military child care: WASHINGTON (AFPN) – The availability of child-care services for military families will receive a boost from a multifaceted approach by the Defense Department. The ongoing realignment of U.S. forces from longstanding overseas bases to stateside installations and high operational tempos are placing demands on the military child-care system.

DOD encourages overseas voters to register for 2006 elections: WASHINGTON (AFPN) – In 2006, U.S. citizens will elect 34 senators, the entire House of Representatives, 37 state governors and hundreds of state and local officials. Overseas voters and military personnel have a variety of means that will enable them to participate, starting with the primaries in March and through the general election Nov. 7. Visit www.fvap.gov.

Nihon-go now

⇒ **Did you see Mt. Fuji today?**

Kyoo Fuji-san wa mimashitaka.
(key-OOH foogee-sah-n wah mee-mah-she tah-kah.)

⇒ **It is very beautiful!**

Totemo kirei desu.
(toh-TEH-moo kee-LEH-ee deh-soo.)

AD

Year's family days shifted for holidays

By Maj. Bradley Jessmer
Pacific Air Forces Public Affairs

As an update to this year's family days, two days normally reserved for family days during the Christmas and New Year's holidays are moved from the Friday prior, to the Tuesday after each holiday. Instead of Dec. 22 and 29, the new family days are Dec. 26, and Jan. 2.

"As I've stated before, I am continually impressed with the dedication and level of effort I've seen Airmen and their families put into making this the best Air Force in the world," said Gen. Paul Hester, Pacific Air Forces commander. "Spending time with family is important. These changes were planned to help Airmen better enjoy this certain time of year and make the most out of their time together."

The new family days for 2006 are: Feb. 17, May 26, July 3, Sept. 1, Nov. 24, Dec. 26, and Jan. 2, 2007.

Civilians are encouraged to take annual leave or use accrued compensatory time.

All PACAF members are encouraged to enjoy this time with family and friends, keeping safety in the forefront.

(Courtesy of Pacific Air Forces Public Affairs)

Annual history month events announced

By Senior Airman Katie Thomas
Editor

The spotlight is shined on African American/Black history throughout this month.

This year's theme is "Celebrating Community: A Tribute to Black Fraternal, Social and Civic Institutions," and the Yokota community is embracing this through numerous activities.

A heritage day is scheduled for Saturday at the Taiyo Recreation Center from 9 a.m. to 3 p.m. Students can visit with representatives from historically-black colleges and universities. There is also an essay reading and dedicated activities for children.

Heritage luncheons will be hosted at the base hospital on Wednesday, and at the Samurai Café Thursday.

Community members can also enjoy a food sampling session at the base commissary Feb. 11 from 11 a.m. to 2 p.m.

The month's history luncheon is scheduled for Feb. 16 at the Enlisted Club from 11:30 a.m. to 1 p.m. People interested in attending the luncheon should contact their unit first sergeant.

The Enlisted Club is hosting a jazz night, poetry read-

ing and art display from 7 to 11 p.m. Feb. 17.

The Gospel Jamboree will perform at the Traditional Chapel Feb. 25 beginning at 4 p.m.

The month closes with a ceremony at the Officers' Club at 3:30 p.m. Feb. 28.

For more information, contact Tech. Sgt. Adrion Waters at 225-3748, or Maj. Brenda Waters at 225-3616.

PACAF: C-17 Globemaster ushers in new age

By Maj. Bradley Jessmer
Pacific Air Forces Public Affairs

HONOLULU, Hawaii – The C-17 was the topic of discussion Tuesday during a local community leader luncheon at the Oahu Country Club, where Gen. Paul Hester, Pacific Air Forces' commander, had the opportunity to share the many capabilities of the aircraft.

While speaking to local leaders, General Hester emphasized the humanitarian and wartime missions of the C-17, focusing on the total force opportunities the C-17 will bring to Hawaii.

"The C-17, as amazing as it is, is nothing more than an opportunity for America to continue to show who America is," General Hester said. "We've had the opportunity...to take it in times of need to

show those in this region in particular that America can reach out the velvet hand of humanitarianism and that we can in fact embrace those who need help."

Concerning humanitarian efforts, General Hester described the unique message the C-17 brings with it every time it conducts a mission to those who are in need.

"When the back end of the airplane opens up and food, water, supplies, medicine and doctors come off and others come in with civil engineers and Seabees who jump off to make life better for those who are in trouble on the ground, it is in fact that marvelous C-17 with the American flag up on the tail providing that," he said.

Concerning wartime missions, he spoke of supporting the U.S. military forces through supplies and transportation.

"While we will be helping nations and

re-supplying ourselves, we're also going to help those who are going into harm's way," he said. "Those who leave from our Hawaiian islands and head into the danger zones of Iraq and Afghanistan can be transported on this C-17."

The general also spoke of the C-17s unique "total force" mission at Hickam by joining the active duty Air Force and Hawaii Air National Guard together as a team, sharing the same aircraft.

"It is the first time in the history of the Air Force where we have joined the Guard and the Active Duty in the mobility business together," General Hester said.

The first C-17 to be stationed outside of the continental United States is due to arrive at Hickam Air Force Base Feb. 8.

(Courtesy of Pacific Air Forces Public Affairs)

AD

Appreciation comes right on time

Airman reminds fellow Airmen that they are making difference

By Capt. Rex Little
374th Airlift Wing Inspector General office

We hear it in political rhetoric, discussions at the club, at work and in conversations with family and friends. Often times, we ask the question ourselves. I admit it, I have asked it myself.

Do the people in the countries where our armed forces currently fight and sometimes die, appreciate our sacrifice?

Do they appreciate the hours we spend away from our families?

Do they appreciate the hours we work to get the mission completed?

Do they appreciate that we give up our freedoms to go fight for theirs?

During a recent temporary duty assignment to Osan Air Base, Korea, I spent some time

in the gift shop at the Challenger Club looking for a souvenir. After looking through their various mementos commemorating the Korean War, I went to the register with the plaque I had selected. This particular novelty caught my eye because it included a piece of barbed wire from the demilitarized zone. My uncle served in that war and I thought the plaque would make an excellent gift to send back home.

When I went to make my purchase, the gentleman working at the cash register asked me if I was buying the plaque for myself. When I explained to him that I was buying it for a relative who served as a Marine in the Korean War, his demeanor changed completely.

"I'll give you a discount," he said, even though I had not requested one, nor did I really

expect one. He then said, "I want to get a gift for him," and hurried off to the back section of the store. When he returned with the gift he wanted me to give my uncle he told me I had to relay this message.

I cannot remember his exact words, but this is essentially what he said: "Tell him thanks. Tell him that I appreciate what he did. I am 70 years old, and I remember the war and know what they did. If it wasn't for them, we would be just like North Korea. We would be one of the poorest countries in the world and our lives would be terrible. Thousands of people would starve every year, just like they do in the north. Make sure you tell him, I really want to say thanks for what he did."

I could not mistake his sincerity. His voice was driven by strong emotions conjured up by what he witnessed in his country five decades earlier, and all the progress he had seen since.

Then he said it again: "Make sure you tell him for me."

At that moment I was incredibly humbled and very proud to be my uncle's nephew. There I was, 10,000 miles from my small town in Oklahoma and a man that no one in my family had ever met was conveying his indebtedness for my uncle's contribution to his country and his life.

The next time you are watching the television and the only Arabs you hear about are insurgents, and the only Iraqis you see are protesting, remember this story. You are a part of sweeping changes in fledgling nations and you will be appreciated for generations by people you will never even meet. Although not always seen or heard, they are there, those who appreciate what you are doing.

You make more of a difference than you could possibly realize and you are appreciated by more people than you could ever imagine.

'Two minutes is all I ask' First sergeant puts focus on respecting U.S. flag

By Master Sgt. Kevin Wolfe
374th Security Forces Squadron

"The flag is the symbol of our national unity, our national endeavor, our national aspiration. The flag tells of the struggle for independence, of union preserved, of liberty and union one and inseparable, of the sacrifices of brave men and women to whom the ideals and honor of this nation have been dearer than life. It means America first; it means an undivided allegiance. It means America united, strong and efficient, equal to her tasks. It means that you cannot be saved by the valor and devotion of your ancestors, that to each generation comes its patriotic duty; and that upon your willingness to sacrifice and endure as those before you have sacrificed and endured rests the national hope. It speaks of equal rights, of the inspiration of free institutions exemplified and vindicated, of liberty under law intelligently conceived and impartially administered. There is not a thread in it but scorns self-indulgence, weakness, and rapacity. It is eloquent of our community

interests, outweighing all divergencies of opinion, and of our common destiny."
(Charles Evans Hughes)

Periodically, I find myself outside during the playing of retreat and the national anthems of Japan and United States.

When this happens, I stop, stand at attention, and patiently wait for the national anthems to begin, or I stop my vehicle and sit quietly.

When I'm outside and hear the first note of music, I proudly salute and pay the proper respect to the flags.

Unfortunately, not all of us do.

As I stand there tall and proud, car after car drives by without stopping and people run into buildings to avoid getting "stuck." After everything that our ancestors went through to get our country to this point, I would think that the least you could do is take two minutes out of your day and pay proper

respect to our flag. As the passage above states, men and women have died for our country so that we may have our independence.

This may all sound like I'm over reacting to some of you, but I am very proud to be in the Air Force defending my country, and I am very proud of what my fellow service members have done to ensure I have this opportunity. If saluting the flag that they fought and died for is all I can do to show

my respect for what they did, then I'm going to take every chance I can to do so.

All I'm asking is for everyone to take two minutes out of their day if they are outside while retreat is

being played to stop and salute or sit quietly in their car and pay our flag the respect she deserves.

We owe this to our flag and our nation.

"This may all sound like I'm over-reacting to some of you, but I am very proud to be in the Air Force defending my country, and I am very proud of what my fellow servicemembers have done to ensure I have this opportunity."



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Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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Publisher

DUI Prevention

Jan. 18 – Feb. 1	0
Total DUIs in January	1
Total in 2006	1

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

**Don't
drink and drive.
Call 225-RIDE!**

Action Line

E-mail: action.lines@yokota.af.mil

The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command first. When you send an e-mail, please include your name and phone number so you can be reached if more information is needed.

Col. Scott Goodwin
374th Airlift Wing Commander



Taking care of Samurai Country's smallest warriors



photo by Master Sgt. Val Gempis

Maj. Christine Nefcy, a pediatrics doctor with the 374th Medical Operations Squadron, examines a newborn baby at the hospital here. The base's obstetrics ward staff is on-call 24 hours a day every day, and helps bring approximately 20 to 30 new lives into the world each month.

By Senior Airman Katie Thomas
Editor

The medical professionals on the third floor of the base hospital will tell you that they don't do what they do because it is glamorous or puts extra money in their pocket.

They do what they do because they love it.

The obstetric ward team delivers 20 to 30 newborns each month, and the team agrees that each delivery is special for them.

"You don't know if a mother is going to be in labor for one hour or maybe two days when they come in," said Capt. Gwendolyn Foster, the midwife nurse at the ward and mother of four. "It is a great feeling to share that moment and see a new life."

Army Capt. (Dr.) Robert Behrmann said the team sees both normal deliveries and difficult ones including a birth in the hospital parking lot in January 2005.

The team begins to mentor and guide a mother once a hospital pregnancy test confirms that a woman is with child. She is seen every month until she reaches 32 weeks, then she is seen every week until delivery, said Maj. (Dr.) Nicole Armitage, one of three obstetricians at the ward.

If a pregnancy is considered high-risk, the expecting mother is sent to a nearby military base such as Kadena Air Base, Japan, or Tripler Air Force Base, Hawaii which offer intensive care units for newborns, said Captain Behrmann. However high-risk deliveries do occur here, and the team must send the mother to an off-base hospital if they cannot support the mother's and baby's needs.

"We admit and monitor the

mother and the baby as soon as they go into active labor, which is when the mother is dilated to four centimeters," said Maj. (Dr.) Christine Nefcy, pediatrics doctor and mother of four.

After the delivery, the baby is seen by a pediatric doctor. Both mother and baby are usually released home 48 hours after the delivery.

"We tell all the mothers that the delivery pain is only temporary, and that it will end," said Captain Foster. "Then they get to look at a new life that they have brought into the world. It is a great accomplishment."

An important part of what the team does along with the delivery is educating mothers and families on topics ranging from feeding and safety precautions to what to expect from older children when a newborn is introduced to the family, said Captain Foster.

"We find that our own experiences as parents help us teach mothers and families about what to expect," said Major Nefcy.

Captain Behrmann said a big part of why he works at the ward is the family atmosphere along with a love for children. "I often find myself crying right there with the fathers when a baby is born."

Airman 1st Class Doug McNett, a medical technician in the ward, agrees. "No where else can you hold a new life in your hands."

Not even the 2 a.m. calls can detract from the happiness that she feels when a mother is ready to deliver, Captain Foster said. "I want to be there for each one, to share that moment with that family. This is the happiness job in the hospital."

AD

Off base

Yokota and Mizuho Town Friendship Concert: This annual concert is scheduled for Saturday at the Mizuho Viewpark Skyhall beginning at 2 p.m. Admission is free.

Noh performance: The Akishima Civic Hall is hosting a Noh performance, a traditional Japanese play with beautifully-decorated masks, on Feb. 11 beginning at 6 p.m. The cost is 3,000 yen for adults. Call 012-061-3737.

Metropolitan Civic Art Festival: Japan's National Noh Theatre is hosting this annual festival Feb. 19 beginning at 3:30 p.m. Performances include traditional Noh and Kyo-gen plays. The theater is located on the JR Yamanote Line's Sendagaya Station. Tickets must be purchased in advance. Call 035-925-3871.

Japan Golf Fair 2006: This exhibition features contests, lessons, equipment trials, and actions. It is at the Tokyo Big Site Feb. 24 to 26 from 10 a.m. to 6 p.m. Take the JR Yamanote Line's Shinbashi Station, change to Yurikamome, and get off at Kokusai Tenji-jo Seimon Mae. Visit <http://japangolffair.com/>

Plum Tree park festival: This well-known plum tree park in Tama, called Oshino Baigo, is hosting its annual festival Feb. 25 to April 31 from 10 a.m. to 4 p.m. There are more than 25,000 plum trees in 120 different varieties. The park is a 15-minute walk from the JR Ome Line's Hinata Wada Station.

On base

Movies

Today – *Aeon Flux*, PG-13, 7 p.m.; *Underworld Evolution*, R, 9:30 p.m.

Saturday – *Tim Burton's Corpse Bride*, PG, 2 p.m.; *Just Friends*, PG-13, 7 p.m.; *Underworld Evolution*, R, 9:30 p.m.

Sunday – *Aeon Flux*, PG-13, 2 p.m.; *Underworld Evolution*, R, 7 p.m.

Monday – *Underworld Evolution*, R, 7 p.m.

Tuesday – *Just Friends*, PG-13, 7 p.m.

Wednesday – *Underworld Evolution*, R, 7 p.m.

Thursday – *Aeon Flux*, R, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Cell phone use

Effective immediately, all vehicle operators on Pacific Air Forces installations will not use cell phones unless their vehicle is safely parked or they use a hands-free device. This policy is for both on- and off-base driving.

Playgroup openings

The Educational and Developmental Intervention Services Program is offering a limited number of slots for ages 13 to 30 months to participate in structured, parent-lead playgroups. Call 225-9993.

Cheerleader visit

The Oakland Raider cheerleaders are visiting Feb. 8. The team will be at the Samurai Café at 11:30 a.m. They will also hold a free youth clinic at the Samurai Fitness Center at 4 p.m. Registration is not necessary for the clinic, and ages five to 18 may attend.

"Band of Brothers"

Actors James Madio, Eion Bailey, and Peter Hills along with veterans from the "Band of Brothers" films are visiting the Samurai Café Feb. 12 at 11:30 a.m., and the Taiyo Recreation Center at 2 p.m. The events are open to the community.

Tax software

Turbo Tax is available to military members free of charge at www.militaryonesource.com.

Yokota Singles

Singles are invited to a free dinner and discussion about "How To Be Successful" beginning at 5:30 p.m. every Tuesday in the building behind the Traditional Chapel. The singles also host a free coffee bar every Friday in the same building from 7 p.m. to 1 a.m.

Volunteers needed

The 374th Airlift Wing is seeking active duty Airmen to join its wing briefing team. The team is holding try-outs Monday in the 374th AW conference room located in Bldg. 315. Interested members should contact their unit first sergeant for audition information and to sign up.

Prayer luncheon

The 374th Airlift Wing chapel is hosting a national prayer luncheon Feb. 28 at 11:30 a.m. at the Enlisted Club. The cost is \$8 a person. Community members should contact their unit first sergeant or call 225-7009.

Asian bazaar

The Yokota High School Parent-Teacher Organization* is hosting an Asian bazaar Feb. 18 to 20 from 9 a.m. to 6 p.m. Call 225-8292.

Scholarships

The Yokota Officers' Spouses' Club is sponsoring scholarships for SOFA-status Yokota High School seniors and SOFA-status spouses who will be enrolling in college this spring. Visit <http://www.yosc.org>.

Applications for the Scholarships for Military Children are available at the base commissary. The deadline for submitting an application is Feb. 22. Visit <http://www.militaryscholar.org> or stop by the base commissary.

Closures

The arts and crafts center's sales store is closed Feb. 21 and 22 for renovations.

Charlie T's at the Enlisted Club is closed Saturday.

Field trip

The Arts and Crafts Center is offering an overnight field trip Feb. 18 to 19 that includes visits to the Ohya Rock Quarry Museum, a glassmaking studio in Nikko, the Mashiko pottery village, and lodging at the Asaya Hotel near Kinugawa Hot Springs. Sign up by Feb. 11. Call 225- 9044.

Samurai Warriors



of the Week



Tech. Sgt. Chris Conwell

Tech. Sgt. Chris Conwell, 374th Maintenance Operations Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of courage and a duty to defend the honor of one's name and guild.

As the 374th Maintenance Group unit deployment manager, he directly supports the group commander in managing and executing all mobility and readiness taskings. He is one-person deep performing these duties as well as two other group-level additional duties. Since November, he has been working long hours and weekends to master his new responsibilities, while ensuring the success of two exercises and the real-word deployment in support of Air Expeditionary Force 9/10.

Satellite equipment

The housing office is offering free AFN Direct-to-home satellite equipment to active duty military and DoD civilians who live off-base. Call 225-6163.

Sale

The Yujo Recreation Center is hosting a shrine sale Feb. 11 from 9 a.m. to 3 p.m.

Valentine's Day

The Enlisted Club is offering a Valentine's Day dinner Feb. 11 from 6 to 8 p.m.

The Officers' Club is offering a dinner special for couples Feb. 14 beginning at 6:30 p.m.

The Tama Hills Outdoor Recreation Center is also hosting a dinner Feb. 12 from 4 to 7 p.m.

Kids Klub

The Enlisted Club offers Kids Klub night every Wednesday for parents and children from 4:30 to 8 p.m. It includes singing, dancing, games, and food for the family. Call 227-8820.

Chapel Schedule

Traditional (West) Chapel

Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

Call 225-7009.

Publicity

Private organizations and base units can advertise events by e-mailing: afn.publicity@yokota.af.mil; fuji.flyer@yokota.af.mil; and yokota.bulletin@yokota.af.mil.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

“The will to win is not nearly as important as the will to prepare to win.”

Bobby Knight

Baseball: The Yokota Thunder Baseball Club is recruiting players for this season. All ID cardholders and local nationals are eligible. Call 090-3500-0343.

Stingrays: The Stingrays swim team needs volunteers to assist with its home meet at the Natatorium Feb. 18. Call 227-6696.

Fencing: The Yokota Fencing group hosts free fencing lessons at the Family Support Center Tuesdays and Thursdays from 5:30 to 7:30 p.m. Visit <http://www.blacktigers.groo.us>.

Martial arts: The following martial arts classes are offered: combative and meditative Tai Chi Wednesdays from 6:30 to 8:30 p.m. at the Natatorium; Aikido on Fridays from 6:30 to 8:30 p.m. at the main fitness center; and Tae Kwon Do at the Natatorium on Tuesdays and Thursdays from 7 to 8:30 p.m., and Saturdays from 1 to 2:30 p.m.

Closure: The base Natatorium is closed Wednesday to Feb. 10. The men's and women's locker rooms are closed Thursday through Feb. 10.

Umpires: The USFJOA is currently recruiting new baseball umpires. A mandatory clinic for new and veteran umpire is Feb. 19 from 3 to 5 p.m. at the base library. Call 227-6071 or 227-3329.

Fuji Flyer: Send sports briefs, statistics, and submissions to fuji.flyer@yokota.af.mil or call 225-8833.

Taking peek into children's health

By Maj. Brent Soday
374th Dental Squadron

February is Children's Dental Health Month, a perfect time to talk about prevention.

Fighting the war against tooth decay, or cavities, can be one of the most difficult battles.

Tooth decay is caused by specific bacteria transferred into mouths at a young age when teeth are more susceptible to breakdown. This bacteria is usually transferred from mother to child through the sharing of foods, and thrives with frequent intake of sugars and starches.

The bacteria have difficulty surviving when a person brushes at least twice daily with a fluoridated toothpaste, flosses, has fluoride treatments during checkups, uses xylitol

products and rinses with chlorhexidine mouth rinse.

Xylitol is available in chewing gum, toothpaste, some mints and soon gummy bears. Xylitol is added to these products to reduce the ability of the plaque to adhere to children's teeth. Xylitol gum may also help expecting moms reduce cavities during pregnancy and throughout the first two years of their child's life.

Chlorhexidine is a prescription mouth rinse given by a dentist that reduces plaque and the bacteria levels in a child's saliva.

The 374th Dental Squadron recommends a child's first dental visit is within six months of the first tooth erupting, and no later than 12 months of age.

The dentist will do a dental

How to brush your teeth

⇒ Place brush at a 45-degree angle against the gums.

⇒ Move the brush back and forth gently in short, tooth-wide strokes.

⇒ Brush the outer tooth surfaces, the inner tooth surfaces, and the chewing surfaces of the teeth.

⇒ Use the “toe” of the brush to clean the inside surfaces of the front teeth, using a gentle up-and-down stroke.

⇒ Brush tongue to remove bacteria and freshen breath.

(courtesy of www.ada.org)

caries risk assessment to determine the recommended treatment to help prevent tooth decay and how often a child will need to be seen at the clinic.

At 10 years many children can brush as well as an adult.

Pediatric dentists recommend that parents help brush their child's teeth until age eight.

For more information about children's dental health, community members can call the dental clinic at 225-3670.

Asking questions helps detect stroke warning signs

By Holly L. Birchfield
78th Air Base Wing Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFPN) – Nearly 20 years ago when Ida Glover asked her 40-year-old son a question and he couldn't respond, she thought he had suffered some type of nerve damage. Days later she discovered his prognosis was much worse.

Doctors at the Medical Center of Central Georgia told Ms. Glover her son had experienced two strokes. Carey Glover, a retired Sailor, was left speechless and partially paralyzed.

Strokes occur when blood flow to part of the brain is interrupted. They are commonly called a “brain attack” by many doctors.

According to the National Institute of Neurological Disorders and Stroke, about 700,000 people have strokes each year.

Dr. Chrystal Henderson, the 78th Medical Group's medical staff chief, said that people can make a life-saving difference by asking a few questions and responding quickly.

Ask the person to smile.

Ask the person to raise both arms.

Ask the person to speak a simple sentence,

such as, “It is sunny outside today.”

If the person has trouble doing any of these tasks, take him or her to an emergency facility.

Col. Vincent Carr, chief consultant for internal medicine services at Bolling Air Force Base, Washington D.C., said prompt medical response to a stroke may make a difference.

“There are a number of new techniques and medications to stop a stroke in progress,” he said. “But the success is based upon how quickly a person gets to an emergency room.”

(Courtesy of Air Force Materiel Command News Service)

— Celebrating the pig-skin pinnacle — Where to go to enjoy American football's big game, the Super Bowl

Tailgate Party

The Officers' Club wants to help football fans gear up for the showdown between the Seattle Seahawks and the Pittsburgh Steelers with a tailgate party today beginning at 4:30 p.m. This one is for adults only, and includes hor d'oeuvres and prizes.

@ the Officers' Club

Be at the Officers' Club beginning at 6:30 a.m. Monday for Super Bowl XL for all the festivities. The game begins at 10 a.m. Spectators can take advantage of a complimentary breakfast buffet. The party is free for members, and \$5 for non-members.

@ the Enlisted Club

The Enlisted Club is kicking off its Super Bowl XL party at 6:30 a.m. Monday. Enjoy a complimentary breakfast buffet, beverage specials, door prizes, football trivia and more. The cost is \$8.95 for non-members and free for all club members.

AD